

FEBRUARY 7 - APRIL 18 RICHMOND, VA

STREET ADDRESS											
					П			M / F / N	R		
CITY		L	TATE	ZIP	CODE			GENDER (circle o		/	
									_i		
TELEPHONE # EMAIL ADDRESS	5							Estimated Fin	ish Time		
Select shirt size (check one) Select Yo	our Training Loc	ation						What level would	d you like to train w	vith? You are welcome to	
Please write in the name			-	re you w	ill train	. Visit			change groups as needed. (Please check one)		
□ X-SMALL □ X-LARGE	ackers.org for a	list of loc	ations.					☐ MOVERS (NOV	,		
☐ SMALL ☐ XX-LARGE									e less mileage throu	aghout the season)	
						SHAKERS (INTERMEDIATE) (Will complete more mileage throughout the season)					
☐ MEDIUM ☐ XXX-LARGE							-	, , , , , ,		,	
EVERY PARTICIPANT								_			
MUST PROVIDE RACE DAY EMERGENCY CONTACT NAME:								TELEPHONE#:			
This training team has a NO refund policy, even in the case of a race can				•			-		-	-	
person. NO EXCEPTIONS. Photo/Film Release: Your image, mot			-				-		_	ther legitimate uses.	
You may defer your 2026 YMCA 10k Training Team entry through Februar	y 9 for \$15. You	u may not	defer you	r free en	try into	the 20)26 Ukr	op's Monument Aver	nue 10k.		
Payment Method:	Credit	Card Nu	mber:							Please note:	
☐ Check (Payable to SPORTS BACKERS)	Expira ¹	tion Date	Э:	/		CS\	/ :	Billing Zip Cod	de:	All credit card transactions will incur	
☐ Credit Card (Visa, MasterCard, or American Express)										a 3% processing fee.	
Greate Gara (visa, iviasterbara, or American Express)		as it app	Jours on	cara						_	
ENTRY FEE Includes Ukrop's Monument Avenue 10k &			EWI	EDV	DAI	TI	CID	A NIT AALIC	T CICN TI	HIC WAIVED!	
TIMOA TOK ITALIHING TEATH CHUY)										HIS WAIVER!	
\$60 April 14 - November 30	\$		Kun	ner s	Agre	eem	ent,	waiver, keie	ease, And Ac	cknowledgment	
\$65 December 1 - January 4	\$									ctivity. I will not enter and	
\$70 January 5 - January 31	\$									ly trained. I assume all risks vith other participants, the	
\$75 February 1 - February 16	\$									tions of the road, potentia	
\$15 Income based rate available through February 16	\$						-			us/COVID-19, other viruses	
SPECIAL RATE VERIFICATION - Office Use Only		1						-		ıch risks being known and	
This individual has demonstrated eligibility of income of less than \$30,000/year by providing			appreciated by me. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the event. I fully accept and assume all responsibility for losses, costs, and								
one of the following: Verification/Eligibility letter from Social Services Tax return					-				-	ny decision of a race officia	
YMCA income-based rate			_	•			•			knowing these facts, and ir	
Approved:(Name) (Date	te)									ct on my behalf, discharge	
20k Challenge (Additional \$25	,··	J	,				•	•	, .	Homestyle Foods, Kroger	
Complete a virtual 10k from April 11-18 and then complete the \$25	\$]						-		Secours Mercy Health, Inc. nners Club of America, US <i>F</i>	
in-person 10k on April 18. Participants will receive an		J								ors, agents, volunteers and	
additional medal and Ukrop's Rainbow Cookies Donations					•	-		es of any kind arising		, ,	
Sports Backers Youth Programs Donation	\$]									
VCU Massey Cancer Center Donation	\$	1									
•	т]	SIGNATI	JRE (Par	ent or G	uardia	n if Und	ler Age 18)	DATE		
Technical Shirt/Tank Upgrade Upgrade from a 100% cotton race t-shirt to a technical running shirt	\$	1									
or tank for \$20. (Circle Unisex Shirt or Ladies Tank)	7]	_							ecks payable to Sports	
TOTAL AMOUNT ENCLOSED	İs	1		_	-			entry form and payme			
				DAIL METC		remile (

LAST NAME